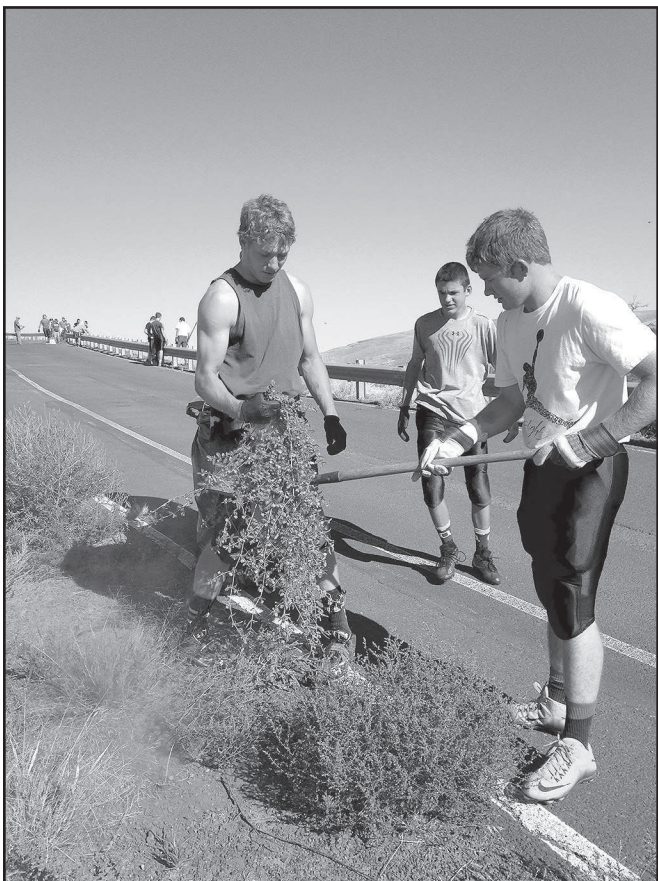


# Football players take offensive against pest weed



The Heppner High School football team decided to pull and bag the puncture vine growing like crazy on Morgan Street near the high school. The youth did this immediately following their morning practice recently. It took about an hour for four coaches, two managers and 27 players to eradicate the weed along the road. Above: Wyatt Steagall, Jorden Sweeney and Colby Currin bag a vine, taking care not to scatter the pesky goat heads. -Contributed photos

## HEPPNER TSP GRANT

-Continued from PAGE ONE  
for various projects, such as updating the city of Heppner's TSP or developing a coordinated land use and transportation plan, which the city of Keizer will be doing to help guide development in several neighborhoods around the city. Grants also support developing public transit plans—that's how Rogue Valley Transit District will use its award.

In addition to planning grants, the program offers local governments other resources, including education and outreach workshops, speakers and publications; code assistance; quick response; and transportation system plan assessments. To see examples of the program's accomplishments, see the "TGM Tangibles report," or visit "Publications" on the website, [www.oregon.gov/LCD/TGM/](http://www.oregon.gov/LCD/TGM/).

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## Healthy Youth

*A key strategy—the importance of adolescent mental health*

*Editor's note: This is part of a series of messages brought to you by your Morrow County health care providers.*

Depression is one of the most prevalent mental health problems in adolescence. Risk factors for adolescent depression include low self-esteem and social support, negative body image and cognitive style, and ineffective coping.

Approximately 10-15 percent of adolescents will experience a major depressive episode by age 18, which affects many areas of a child's life, including education and relationships. A major depressive episode is identified when a person has had at least five of the following nine symptoms nearly every day in the same two-week period. At least one of the symptoms must be a depressed mood or loss of interest or pleasure in daily activities.

-Depressed mood most of the day;  
-Markedly diminished

interest or pleasure in all or almost all activities most of the day;

-Significant weight loss when not sick or dieting, or weight gain when not pregnant or growing, or decrease or increase in appetite;

-Insomnia or hypersomnia (excessive sleepiness);

-Unintentional and purposeless motions that stem from mental tension and anxiety;

-Fatigue or loss of energy;

-Feelings of worthlessness;

-Diminished ability to think or concentrate or indecisiveness; and

-Recurrent thoughts of death or suicidal ideation.

Adolescents who experience depression are at a greater risk of depressive episodes in adulthood. An estimated 16 million American adults—about 7 percent of the population—had at least one major depressive episode last year.

## SHRINE GAME

-Continued from PAGE ONE  
the winning touchdown when he dove over right tackle from the 1-yard line with 2:40 remaining.

The West had one last drive to attempt the winning score, but Irrigon's Fredy Vera intercepted West quarterback Rob Lohman's (Scappoose) pass with 1:33 left to seal the win.

In a game in which the defenses had the upper hand, the West opened the scoring in the first quarter.

Anthony Johnson (Scio) scored on a 1-yard run capping a 15-play, 70-yard drive.

The score remained 6-0 West until the first play of the second quarter.

That's when Mazama's Curtis Anderson picked off a Lohman pass at the East 10 and raced untouched 90 yards for the touchdown.

Cranford's conversion kick gave the East a 7-6 edge with 11:46 left in the first half.

The West regained a 12-6 advantage midway through the third quarter when Lohman hooked up with Scappoose teammate Brennan McNabb on a 63-yard scoring aerial.

On the play, McNabb got behind the East defender and Lohman hit him in stride for the score. McNabb stepped out of a tackle attempt near the East 20 before scoring.

As a result, it is important to prevent, identify, diagnose and treat adolescents experiencing a major depressive episode. Mental health clinicians are a resource for youth, but additionally parents, families and community members can also support healthy adolescent growth and development and help prevent and identify adolescent depression.

Schools also can provide evidence-based preventive programs that promote mental wellness and positive youth development and also increase students' connectedness to the school, its staff and other students, which helps build their resilience. Resilience protects youth from a number of health risks, including depression, and supports greater academic achievement.

Morrow County health care providers and schools have partnered to create the CARE Program, a "no wrong door" approach to

help identify health and human resources for youth and families. Contact the Morrow County Health Department, 541-676-5421 or 541-481-4200, or Community Counseling Solutions, 541-676-9161 or 541-481-2911, for assistance.

A number of tools also found to be reliable and effective are available for adolescent depression screening. Health care providers in clinics, hospitals and emergency departments can all screen for depression. This will help identify youth who are struggling and link them to resources. Please schedule an adolescent well care visit with your local health care provider today by calling Pioneer Memorial Clinic, Heppner, 541-676-5504; Ione Community Clinic, 541-422-7128; Irrigon Medical Clinic, 541-922-5880; or Columbia River Community Health Services, Boardman, 541-481-7212.

The East finished with 230 total yards, the West 200.

Coffey led the East runners with 57 yards on 15 carries.

Lohman finished the game 13-of-20 passing for the West for 145 yards. But he had three passes intercepted. McNabb caught six passes for 118 yards.

The teams combined for eight turnovers.

**West - 6 0 6 0 — 12**  
**East - 0 7 0 8 — 15**

**Individual statistics:**

**Rushing —**

**West:** Shaw 5-19, Lohman 12-16, Clark 7-13, Johnson 7-12, McKnight 1-4, McKay 1-(-6).

**East:** Coffey 15-57, Vera 4-44, Schwarm 7-26, Frank 7-23, Jacobs 8-22, Anderson 7-(-6).

**Passing —**

**West:** Lohman 13-20-3-145, Shaw 1-4-0-(-3).

**East:** Anderson 4-6-0-32, Schwarm 4-11-3-30.

**Receiving —**

**West:** McNabb 6-118, Ware 2-12, Lubben 2-4, Clark 2-0, McKay 1-4, Tripp 1-4.

**East:** Halley 3-43, Howell 2-17, Cranford 1-8, Bentz 1-(-2), Jacobs 1-(-4).

**Interceptions —**

**West:** Lopez, Arritola, Bain.  
**East:** Kindle, Anderson, Vera.

## Sheriff's Report

-Continued from PAGE THREE

**July 11:** -A female in Boardman advised Morrow County Sheriff's Office that a subject spent the night doing drugs on her property. The caller provided a description of the subject's clothing and advised they also took her red Galaxy S3.

-A woman in Irrigon requested an extra patrol by her house, as she received a suspicious phone call and her house has been broken into three times over the past few years.

-A caller on I-84, Boardman advised MCSO there were a couple of "Boom Booms" and now the vehicle was stopped.

The caller advised he did not know what was wrong with the vehicle but requested someone come fix it. He advised it was off the road and not a hazard. MCSO gave him tow information and advised the male they could not fix his vehicle but would assist in getting him a tow.

-MCSO was advised of an assault in Heppner; a vehicle pulled over and a male jumped out and punched the caller. MCSO responded and took a report.

**July 12:** -A Heppner resident advised Morrow County Sheriff's Office there was constant traffic near her residence, and that vehicles speed through and

tear into the gravel at the park. She requested extra patrol and advised she was going to attend the city council meetings. A deputy was advised.

-MCSO was advised of a bunch of wood just north of the golf course in the middle of Hwy. 74, Heppner, that looked like something fell out of the back of a pickup.

-MCSO was contacted about a mental facility resident who walked off during an outing in Hermiston. The caller advised they have guardianship but the resident refused to get back in the van. The caller requested information and options how to get the resident back to the facility.

-MCSO received report of a motorcycle versus car hit-and-run in Irrigon. The caller advised he was on his way to work and the vehicle left the scene while he was standing up from his bike.

-MCSO was notified of a non-blocking rollover accident in the mill zone, Hwy 74, Heppner. The subjects appeared to be okay and

were out of the vehicle and walking. MCSO, Heppner fire and Heppner ambulance responded. Christopher Lee Fritz, 36, was cited for driving outside restrictions—no ID as required, and was scheduled to appear at Heppner Justice Court. Patient refused medical transport.

-Law enforcement was advised of dogs that attacked someone riding horseback in Boardman. The rider was thrown but it didn't appear anyone was injured. Boardman ambulance responded and transported a patient.

-A subject in Boardman advised of a fire that started due to a transformer that exploded. Boardman fire, Boardman PD and Umatilla Electric responded.

-An MCSO officer reported stopping to check on a possibly disabled vehicle on Hwy. 207, Lexington, Echo. The family had stopped to clean up after a dog that got sick in the car.

-The City of Irrigon reported receiving multiple code complaints.

## DA's Report

Morrow County District Attorney Justin Nelson has released the following report:

-Catarino Birjilio Martinez, 22, was found guilty of Possession of Methamphetamine, a Class C Felony. The defendant's driver's license was suspended for six months and the defendant sentenced to 18 months supervised probation subject to 90 sanction units with 30 jail units. Probation conditions include substance abuse

evaluation, 60 hours of community service and 10 days jail time with credit for time served. Fines, fees and assessments totaled \$500.

-Catarino Birjilio Martinez, 22, was found guilty of Failure to appear I, a Class C Felony, and sentenced to 24 months supervised probation subject to 120 sanction units with 60 jail units. Probation conditions include 40 hours of community service. Fines, fees and assessments totaled \$200.

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